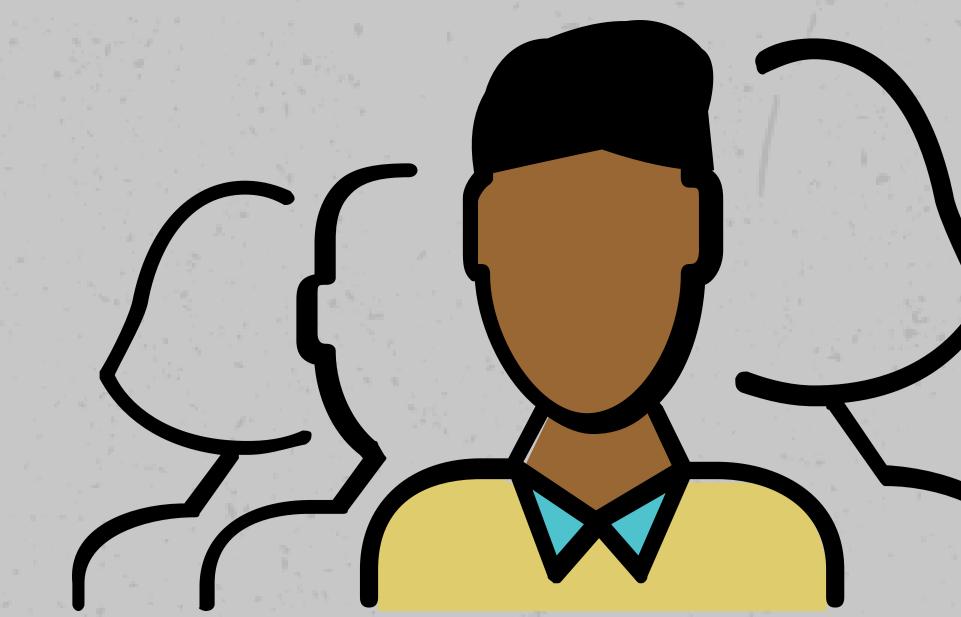
Diabetes and adult vaccines



Learn how vaccines can keep you healthy

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. Diabetes, even if well-managed, can make it harder for your immune system to fight infections.

Getting vaccinated is an important step in staying healthy!

Did you know?



Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.

People with diabetes have

Hepatitis B

higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.





People with diabetes are

at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

What vaccines are recommended for adults with diabetes?

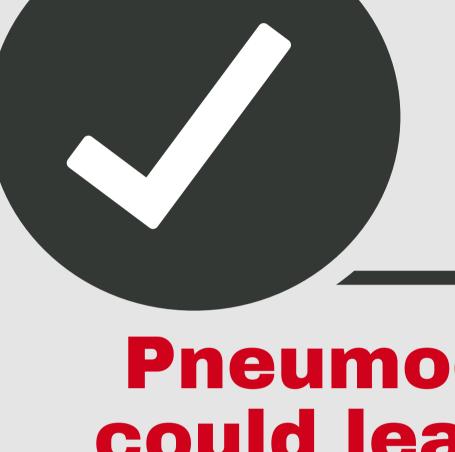


vaccine

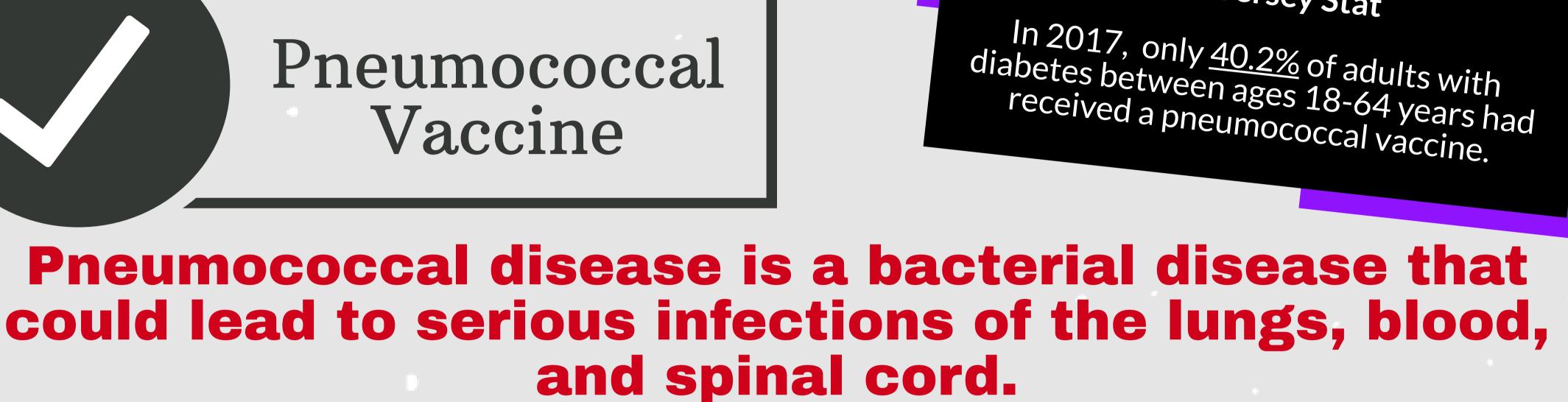


• Being sick with flu could lead to bronchitis, pneumonia, and long hospital stays.

- Flu can raise your glucose to dangerous levels! Get your flu vaccine each year to protect your health.
- New Jersey Stat Pneumococcal

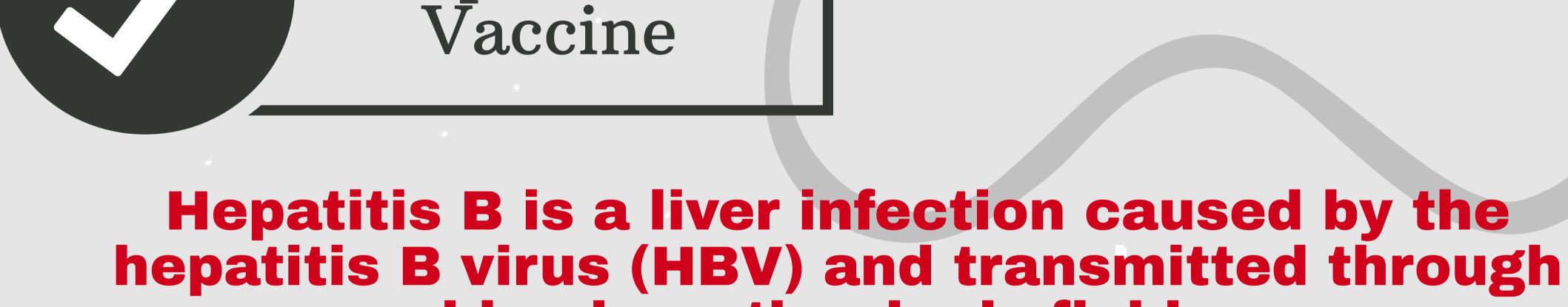


Vaccine



• There are two types of pneumococcal vaccines: PPSV23 and PCV13. People younger than 64 years who have not already received a dose of PPSV23 should receive their first dose now.

- Another dose of PPSV23 is due at age 65 and at least 5 years since the first dose.
- People 65 and older may choose to receive PCV13 after discussing it with their doctor.
- Hepatitis B



ask their doctor.

Hepatitis B is a liver infection caused by the

Hepatitis B can be spread through sharing of blood sugar meters, finger stick devices, or other diabetes care equipment, such as insulin pens. To prevent hepatitis B infection, never share diabetes care equipment. • A series of hepatitis B vaccine (2 or 3 doses depending on brand of vaccine) is recommended for those 19–59 years; People with diabetes aged 60 or older should

blood or other body fluids.

• People with diabetes have a higher risk of hepatitis B virus infection.

Tdap/Td



diphtheria.

Diphtheria causes a thick coating to form in the back of the throat and can lead to breathing problems, heart failure, paralysis, and death. Pertussis (whooping cough) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep. • One dose of Tdap is recommended for adults, then a Td or Tdap every 10 years. Pregnant women should receive a Tdap vaccine each pregnancy (preferably during the early part of gestational weeks 27–36) to protect their baby.

Shingles Vaccine

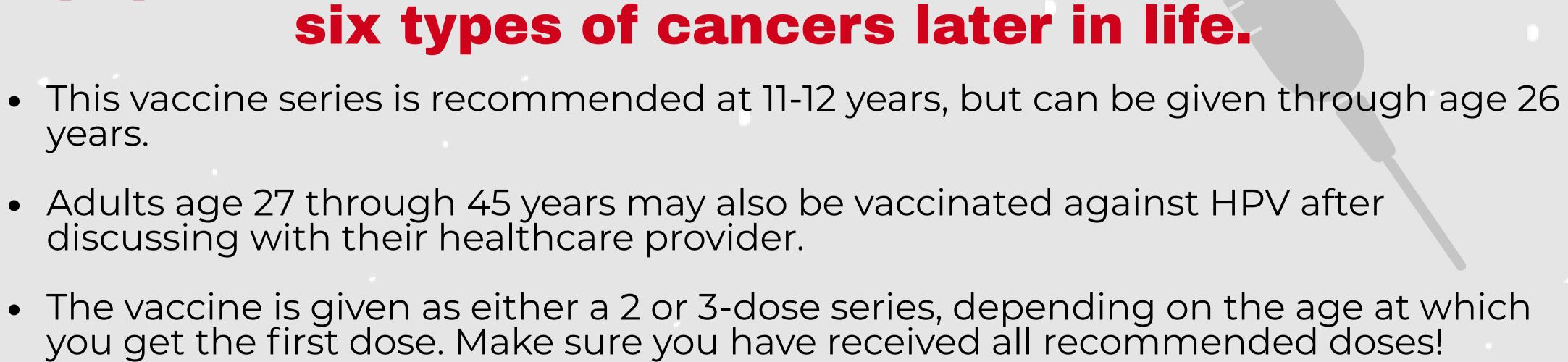
Shingles (zoster) vaccine helps protect against

shingles, which is a painful rash caused by the same

- virus that causes chickenpox. If you had chickenpox, you are at risk for developing shingles. • Shingles on the face can affect the eye and cause vision loss. • About 1 in 10 people will develop nerve pain that can last for months or years after the rash has gone away. • There are two vaccines to protect against shingles, Zostavax (given at age 60 and
 - older) and Shingrix (ages 50 and older). Shingrix is the vaccine preferred by the Centers for Disease Control and Prevention (CDC). **HPV** Vaccine

The HPV vaccine helps to protect against human

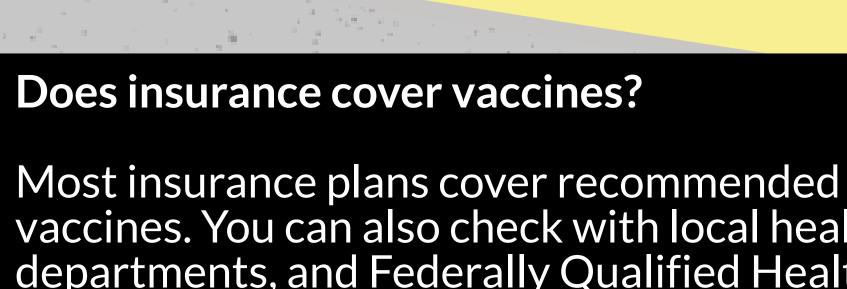
papillomavirus, a common virus that can lead to



Adults age 27 through 45 years may also be vaccinated against HPV after discussing with their healthcare provider.

- Wondering where to get vaccines? Other vaccines may be needed if Vaccines may be available at your doctors' office, pharmacy, workplace, community health clinic, you missed early doses from health department, or other locations. Check out vaccinefinder.org to find adult vaccine providers in





Childhood.

vaccines. You can also check with local health departments, and Federally Qualified Health Centers (FQHCs) regarding vaccine affordability.

healthcare provider about all the

vaccines recommended for you!